

WHAT IS CLAIMED IS:

1. A method of improving lipid metabolism and/or reducing high blood pressure comprising administering an effective amount of a milk-derived basic protein fraction to a candidate for the treatment or a patient in need thereof.

2. A method of improving lipid metabolism and/or reducing high blood pressure according to Claim 1, comprising orally administering about 20 mg or more of the milk-derived basic protein fraction per day.

3. A method of improving lipid metabolism and/or reducing high blood pressure comprising administering an effective amount of a basic peptide fraction which is obtained by digesting a milk-derived basic protein fraction with a protease to a candidate for the treatment or a patient in need thereof.

4. A method of improving lipid metabolism and/or reducing high blood pressure according to Claim 3, comprising orally administering about 20 mg or more of the basic peptide fraction per day.